What's happening

May/June 1987
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

UCSF-Laurel Heights Events

All events held at 3333 California St. Auditorium. Call 476-3206.

Wed., May 6: **Pharmaceutical Biotechnology Symposium. The Rational Design & Delivery of New Drugs & Proteins.** UCSF & industry investigators discuss drug development & protein engineering. 9 a.m.-4 p.m. Call 476-1680.

Fri., May 8: **Sabia-Building Bridges.** Latin American folk music ensemble. $6 seniors & UCSF students; $7 UCSF faculty & staff; $8 general. 8 p.m. Call 476-3206.

Sat., May 9: **Health Fair for the Elderly.** 10 a.m.-4 p.m. (See story this issue.)

Brown Bag Tours/Lecture Series

All lectures are free and held on Wednesdays at noon in Room 300, Health Sciences West (enter through 513 Parnassus). Videotapes of all talks are available for viewing in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 476-4394.

May 6: **Sorry I Can't Hear You.** Challenges & triumphs of those who lose their hearing as adults.

May 13: **In Pursuit of the Normal Face: A Tale of Oral & Maxillofacial Surgery.** Advances in corrective techniques for facial & jaw deformities.

May 20: **Food for Life.** Cancer prevention through dietary modification.

May 27: **Nature of the Hypnotic Experience.** Advances in knowledge of the nature & use of hypnosis.

June 3: **How do You Spell Relief?** Choosing over-the-counter drugs.

June 10: **Bicycling: A Sport for the Whole Family.** What to look for when buying a bike & bicycling gear.

June 17: **Hypertension: Latest in Prevention & Treatment.** Is drug therapy effective? Is lifelong treatment required?

June 24: **Recycle Yourself.** Organ & tissue donations provide many with a second chance to lead normal lives.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, May 5, 12, 19, 26 and June 2, 9, 16, 23, 30. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

Folk Dancing

Learn folk dancing from various parts of the world. No partner needed and everyone is welcome to attend. Held every Tuesday in the Millberry Union Gym, 500 Parnassus. 1:05-2:30 p.m. $2.

New Volunteer Orientation

To acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Special summer program for high school & college students. Call 476-1196.

Tues., May 19: Rm. 213, Clinical Sciences Bldg., 521 Parnassus. 6-8 p.m.

Tues., June 2: Toland Hall, 533 Parnassus. 1-3 p.m.

Sat., June 13: For high school students. Rm. 417/423, School of Nursing Bldg. (enter through 521 Parnassus). 9 a.m.-4:30 p.m.

Sat., June 27: For college students. (Call for location). 9 a.m.-4:30 p.m.

Overeaters Anonymous Meetings

Held every Monday from noon-1 p.m. in Rm. 417, School of Nursing Bldg. (enter through 521 Parnassus). Call Dolores Phillips at 929-8651.

Rape Prevention Education

Self-Defense Classes for Children & Adolescents. UCSF Child Care Study Center, 610 Parnassus. 10:30 a.m.-2 p.m. $15. For information & to register call 476-5222.

Sat., May 16: Ages 7-10.
Sat., June 6: Ages 11-14.
Sat., June 13: Ages 15-17.

Special Events

Wed.-Thurs., May 6-7: **Medical Center Auxiliary "Treasure Trove" Auction.** Millberry Union lounges, 500 Parnassus. May 6: Cocktail party & silent auction. 6:30-9 p.m. $75 admission. May 7: Free public auction. 10 a.m.-4 p.m. Call 476-4906.

Thurs, May 14: **Violence in Women's Lives.** Reading/discussion with renowned playwright & author Ntozake Shange. Sponsored by UCSF Rape Prevention Education Program. Cole Hall, 513 Parnassus. Noon. Free. Call 476-5222.

Fri., May 15: **Symposium to Honor Jere E. Goyan. Issues in Health Education, Health Research, Health Care & Government.** Recognizes Goyon's 20th year as dean of the School of Pharmacy. Cole Hall (enter through 513 Parnassus). 1-4:15 p.m. Reception 4:45 p.m. Call 476-2482.

Sat., May 16: **Free Skin Cancer Screening.** Dermatology Clinic. 3rd Floor, Ambulatory Care Center, 400 Parnassus. 10 a.m.-2 p.m. (See story this issue.)

Mon., May 18: **First UCSF "Human Survival" Lecture. Nuclear Survival? What You Haven't Heard Yet.** Alexander Leaf, Harvard. Cole Hall, 513 Parnassus. 8 p.m. (See story this issue.)

Thurs., May 28: **Chauncey D. Leake Lecture. G Proteins & Transmembrane Signaling.** Alfred G. Gilman, University of Texas Health Sciences Center, Dallas. Cole Hall, 513 Parnassus. 3-4:30 p.m.

Women's Resource Center

For further information & registration call 476-5836.

Tues., May 12: **Water Baby.** Video documentary on water birth. Toland Hall, 533 Parnassus. Noon-1 p.m.

Thurs., May 21: **Birth Is To Women As War Is To Men.** Myths & realities of mother-controlled birth & its potential for empowerment. Rm. 1364, Medical Sciences Bldg., 513 Parnassus. Noon-1 p.m.

Tues., June 9: **Living the Good Midlife: How You Can Play a Major Role in Your Health Care.** Toland Hall, 533 Parnassus. Noon-1 p.m.

Sat., June 13: **Fertility Awareness/Natural Family Planning Workshop.** Rm. 130, Clinical Sciences Bldg., 521 Parnassus. 10 a.m.-1 p.m. (Sliding scale.)

Wed., June 17-July 8: **Career Development in the New Economy.** Rm. 517, School of Nursing Bldg. (enter through 521 Parnassus). Noon-1 p.m. $5.

Tues., June 23: **Dimples to Wrinkles: Sexuality in Older Women.** Rm. 301, Health Sciences West (enter through 513 Parnassus). Noon-1 p.m.

Department of Nursing Courses

For further information call 476-2993.

Mon., May 11: **Spring Research Day.** Langley Porter Psychiatric Institute Auditorium, 401 Parnassus.

Mon., May 18: **Legal Implications of Documentation.** Langley Porter Psychiatric Institute Auditorium, 401 Parnassus.

Wed., May 20: **Central Line Management.** Rm. 664, Medical Sciences Bldg., 513 Parnassus.

Personal Safety Classes

Conducted by the UCSF Police Department Personal Safety Program. All classes held at the Laguna Honda Personnel Conference Rm., 1350 7th Ave. Call 476-5683 to register.

Sat., May 16 & June 20: **Women's Self Defense Workshops.** Easy-to-learn techniques. 9 a.m.-5 p.m. $30 public, $10 UC affiliate.

Thurs., May 7 & 28; Wed., June 17: **Tear Gas Certification Classes.** Department of Justice approved. 6-9 p.m. $10.

Mobile Mammography Screening Program

Women now can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time. Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $40. To make an appointment call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m. The van will be at the following locations during May and June:

- May 4-8: Embarcadero, Drumm St. between Sacramento & Clay.
- May 11-15: Sunset District, Irving St. between 25th & 26th Aves.
- May 18-22: Taraval St. between 17th & 18th Aves.
- May 26-29: Civic Center, on McAllister St. between Larkin & Polk. (May 25 is a holiday.)
- June 4-5: Diamond Heights Blvd. near Safeway.
- June 8-12: Richmond District, 7th Ave. between Geary & Clement.
- June 15-19: Westlake Shopping Center, Park Plaza Dr., near Safeway.
- June 22-26: UCSF Laurel Heights parking lot, 3333 California St.
- June 29-July 2: Marina Green parking lot, near Buchanan St. & Marina Blvd.

Cole Hall Cinema

All films are shown in Cole Hall, Medical Sciences building, 513 Parnassus. Children under 14 $2; UCSF students, seniors & Millberry Union members $2.50; general $3. Call 476-2571.

Thurs., May 7: **The Mission.** 5:45 & 8:15 p.m.

Fri., May. 8: **The Mission.** 6:30 & 9 p.m.

Thurs., May 14: **Crocodile Dundee.** 5:45 & 7:45 p.m.

Fri., May 15: **Crocodile Dundee.** 6:30 & 8:30 p.m.

Thurs., May 28: **Star Trek IV: The Voyage Home.** 5:45 & 8:15 p.m.

Fri., May 29: **Star Trek IV: The Voyage Home.** 6:30 & 9 p.m.

Cole Hall Cinema will be closed in June. Summer children's program will begin in July.

Art Exhibits

Hospitals Auxiliary Exhibit: On display for the month of May in the lobby of Moffitt/Long Hospitals, 505 Parnassus, are collages, acrylic abstracts, oil paintings, & nature photography. On display during June will be miniature watercolors, batik paintings, color etchings & travel photography. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 182, Moffitt Hospital, 505 Parnassus, 9 a.m.-4 p.m. or call 476-4906.

Faculty/Alumni House Exhibit: On display through May 29 are works on paper & canvas by Josephine Bovill & her son Robert. Faculty/Alumni House, 745 Parnassus. 8 a.m.-4:30 p.m. Call 476-4723.

Paths of Healing & Wholeness Seminars

All talks are free and held on Fridays at noon in Rm. 517, School of Nursing Bldg. (enter through 521 Parnassus) at noon. Call 476-1995.

May 8: **Holism in Nursing Practice.**

May 15: **Taoist Life Rejuvenation Through Sexual Disciplines.**

May 22: **Mind-Body Communication & Healing.**

May 29: **The Shape of Stress.**

June 5: **Self Esteem: How to Change "Negaholic" Behavior.**

June 12: **Water: The Problem, the Need, the Solution.**

June 19: **The Joy of Balance through the Alexander Technique.**

June 26: **High Level Wellness.**

Cinco de Mayo Events

A week of activities in celebration of Mexican Independence Day. For further information call 476-5936.

Mon., May 4: **Slic Ric.** Stand-up comedy from Bay Area Culture Clash. Rm. 301, Health Sciences West (enter through 513 Parnassus). Noon-1 p.m.

Presentation. SF Supervisor Jim Gonzalez & Robert Reveles, vice president, Homestake Mining. Faculty/Alumni House, 745 Parnassus. 3:30-6 p.m.

Tues., May 5: **Los Aztecas Mariachis.** Saunders Court (enter through 513 Parnassus). Noon-1 p.m.

Wed., May 6: **Ballet Folklorico de Stanford.** Saunders Court (enter through 513 Parnassus). Noon-1 p.m.

Thurs., May 7: **No Les Pedimos Un Viaje A La Luna.** 1986 Mexican documentary film about women laborers after the 1985 earthquake. Rm. 301, Health Sciences West (enter though 513 Parnassus.) Noon-1 p.m.

Fri., May 8: **Dance with d.j. Leonel.** Millberry Union Lounges, 500 Parnassus. 9 p.m.-1 a.m. UCSF students free; general $3.

Outdoors Unlimited

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoor adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m., Tuesday to Thursday. Two-week advance registration is required for most events. For further information and a free brochure listing all events, including camping, rafting, canoeing, kayaking, boardsailing, birdwatching & broom hockey call 476-2078.

Tours & Hikes

Sat., June 6: **San Bruno Mt.**

Sat., June 13: **Mt. Tamalpais gourmand.**

Sun., June 14: **Angel Island.**

Bicycling

Sat.-Sun., May 30-31: **Marin.**

Sun., June 7: **Crystal Springs Reservoir.**

Slide Shows

Thurs., May 7: **Patagonia & the Bio Bio.** Benefit for International Rivers Network. Rm. 301, Health Sciences West (enter through 513 Parnassus). 7:30 p.m. $2.50.

Thurs., May 14: **Trans-Himalaya.** Rm. 213, Medical Sciences Bldg., 513 Parnassus. 8 p.m.

Thurs., May 21: **Salmon River, Idaho.** Rm. 213, Medical Sciences Bldg., 513 Parnassus. 8 p.m.

PRO: Recreation & Fitness Program

Over 100 classes offered in areas of exercise & body building, stress management, massage & relaxation skills, dance, sailing, self improvement & education. Special Children's Summer Program includes swimming, kindergym, dance/movement & parent-child aerobics. For further information and a free brochure listing all classes call 476-1800. Register for summer quarter courses at Millberry Union Pool Desk, 500 Parnassus, 7 a.m.-2 p.m. & 4-7 p.m., as follows:

Mon.-Tues., June 15-16: Children's Summer Program.

Tues.-Wed., June 30-July 1: Adult Summer Quarter Courses.

To Our Neighbors is produced by the UCSF News and Public Information Services Department. For further information call 476-1541.

UCSF
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...A Health Sciences Campus

First Bay Area Transplant Using Patient's Own Bone Marrow

Thirty-six-year-old Tanya Taylor of San Francisco last year learned she had leukemia.

Today she is healthy after undergoing what is called an "autologous" bone marrow transplant—in which the patient's own bone marrow is removed, treated and returned to the body—at the Medical Center at UCSF.

Tanya was the first patient to receive an autologous transplant in the Bay Area, said Marek Bozdech, director of the UCSF Adult Bone Marrow Transplant Unit. In addition, UCSF recently became the first West Coast center to test a new drug aimed at augmenting the procedure—a drug now in use at only two other US centers.

Tanya suffered from acute myelogenous leukemia, Bozdech explained, a usually fatal cancer of white blood cells that develops in the marrow. Because most patients with this disease relapse after drug therapy, a bone marrow transplant offers the best hope of a cure. But no suitable donor is available for some 60 percent of transplant candidates—including Tanya—because they have no relatives whose marrow "matches" theirs closely enough to prevent possibly dangerous reactions between donor and recipient tissues.

So far, nine people have received autologous transplants at UCSF. For further information call the UCSF Hematology-Oncology Faculty Practice at 476-1421.

David Powers

Tanya Taylor with her daughter Carla

Some Important Ways to Take Care of Yourself

Below are just a few of the many services offered by UCSF to help you take care of yourself:

- **Laurel Heights Health Fair for Elderly May 9.** Free health screenings and information on disease prevention, nutrition, medications and community services will be offered at a fair for the elderly on Saturday, May 9, from 10 a.m. to 4 p.m. at UCSF-Laurel Heights, 3333 California Street. For further information call 476-2010.
- **Free Skin Cancer Screening May 16.** UCSF dermatologists will provide free skin cancer screening on Saturday, May 16, 10 a.m. to 2 p.m., at the Dermatology Clinic on the third floor of the Ambulatory Care Center, 400 Parnassus Avenue. They will examine skin for unusual sores, warts, moles and pigmented areas, and other possible skin cancer warning signals.
- **New Weight Management Program** This new, one-year program includes a series of 12 weekly weight loss meetings, 4 follow-up sessions, dietary plans, physician-supervised aerobic exercise and techniques for stress management and relaxation. It costs $300, but there is a sliding scale. For further information call coordinator Kathy McHenry at 476-9987.
- **Help for Those with Periodontal (Gum) Disease.** If you have any of the following—gums that are red, swollen, tender or bleed during brushing, receding gums or loose teeth, bad breath—you should see a specialist. The UCSF Periodontology Faculty Practice, in Room D 4030 in the School of Dentistry building, 707 Parnassus Avenue, near Fourth, has experts who can determine if any evidence of gum disease is present. In many cases, a simple cleaning may arrest the disease. For a consultation call 476-8959.

First UCSF "Human Survival" Lecture on Nuclear War

The first annual UCSF Distinguished Lecture in Health Science and Human Survival will be held Monday, May 18, at 8 p.m. in Cole Hall, 513 Parnassus Avenue.

Alexander Leaf, professor and chair of the Department of Preventive Medicine and Clinical Epidemiology at Harvard, will talk on "Nuclear Survival? What You Haven't Heard Yet." He will discuss recent findings on the biomedical effects of radiation and on ecological effects of nuclear explosions.

The new lectureship, directed by UCSF senior anthropologist Christie W. Kiefer, PhD, explores large-scale threats to human populations, bringing distinguished scholars to UCSF each year to speak on such man-made threats as nuclear war and the destruction of the environment.

The program is one of several sponsored by the UC-Systemwide Institute on Global Conflict and Cooperation. Leaf's lecture is cosponsored by the World Affairs Council.

UC Regents Approve Laurel Heights Transportation EIR

The UC Regents approved in March the Environmental Impact Report (EIR) on Transportation of Hazardous Materials for Laurel Heights. This advances the plan to move administrative and academic programs, including research laboratories, of the UCSF School of Pharmacy to the UCSF-Laurel Heights campus.

The Board of Regents had approved the overall EIR for the Site Development Plan last July. However, a neighborhood group, the Laurel Heights Improvement Association, filed a lawsuit in California Superior Court claiming the EIR was invalid.

The court ruled for the University—a decision that now is on appeal.

Meanwhile, the campus is proceeding with renovation of the interior of the building and hopes to complete the move of the second and third laboratories by mid-June. One is the Pharmaceutical Technology Program under Vincent Blake, PharmD, which will be occupying a second floor lab in the west wing of the main building and space in the annex building. The other is the Molecular Parasitology Laboratory of Nina Agabian, PhD, to be located on the first floor in the east wing of the main building.

Blood Pressure Drug Reduces Arthritis Pain

A totally new approach to treating arthritis, using drugs to block nerves surrounding the joint, has dramatically helped some patients with rheumatoid arthritis, according to UCSF researchers.

The drug guanethidine, a common blood pressure medication, must be given intravenously and restricted to the region around the joint, but according to the scientists many patients had significant pain relief lasting two weeks after only a single treatment. "These are people who have had serious arthritis problems for an average of 12 years," said rheumatologist Jon D. Levine, MD, PhD.

Guanethidine is a drug commonly used to treat high blood pressure, but in larger doses it blocks the sympathetic nervous system—the part of the nervous system that deals with stress.

The success of the drug in alleviating arthritis pain confirms recent animal studies by Levine and Allan Basbaum showing that the nervous system plays an important role in causing the inflammation and pain of arthritis. For further information contact the UCSF Arthritis Clinic at 476-3971.

(More news items on back page)

Health Fair Draws Hundreds

More than 80 UCSF students from the schools of Medicine and Dentistry volunteered their time and skill to conduct free health screenings at a recent health fair for the residents of the Mission.

Cosponsored by Chicanos in Health Education at UCSF and the Mission Neighborhood Health Center, the health fair was conducted entirely in Spanish. It attracted nearly 400 people, some of whom had serious, untreated ailments.

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A summary of recent news stories from the University of California, San Francisco . . . A Health Sciences Campus.
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To our neighbors

Low-Dose Estrogen Prevents Bone Loss after Menopause

Researchers at UCSF and Kaiser Permanente Medical Center in SF have reported that physicians may be able to lower the doses of estrogen—and thereby reduce the risk of side effects—given to prevent the rapid bone loss that often follows menopause.

An estrogen dose previously found too low to prevent bone loss was effective when combined with dietary calcium supplements, the team found. Calcium supplements alone, however, failed to stop the loss.

The study is the first to assess over time the effect of calcium supplements on spongy bone of the spine, which now is considered the most sensitive site for assessing bone density, said UCSF radiologist Harry Genant, MD.

The study was led by Bruce Ettinger, MD, an endocrinologist at Kaiser and UCSF clinical professor of medicine and radiology.

For more information call the Osteoporosis Study at 476-1449.

Four Get Campus' Highest Award at Founders Day

The UCSF Medal, the highest honor awarded by the campus, was presented at the sixth annual UCSF Founders Day celebration on April 9 to community worker Sallie Allen; scientist/philanthropist Arnold O. Beckman, PhD; UCSF School of Dentistry alumnus William L. Gee, DDS, who is the moving force behind On Lok Senior Health Services; and business leader Walter H. Sullivan, Jr., chair of the UCSF Board of Overseers. They were recognized for their outstanding contributions to health education, community health care and public service.

When Young Teens Grieve

Between 5 and 15 percent of all children in the US will lose one or both parents by the age of 16.

The new Adolescent Bereavement Project in the UCSF Department of Psychiatry is offering to these teens and surviving parents the opportunity to discuss how they feel about such a major loss. The goal is to study and assess the impact on each individual and family and then help develop future treatment and therapies.

Most adolescents between the ages of 13 and 18 who have lost a parent within six months are eligible to participate. This research program is free. Physicians wishing to refer patients, or teenagers and their families wishing information should call Emily Harris, MD, at 665-6950 or 476-7591. Interviews can take place at home or in the office.

Chancellor Creates New Safety Policy Board

UCSF Chancellor Julius R. Krevans has created a new group, the UCSF Health and Safety Policy Board, to deal with policy in all areas of campus health and safety, including general oversight of compliance programs. The Board is made up of high-level campus officials and chaired by David J. Ramsay, senior vice chancellor for academic affairs.

The Board was created in March following an inspection of the campus by the Radiologic Health Branch of the State Department of Health Services.

Already in place are additional training and monitoring procedures, and new campus sanctions in order to ensure full compliance with the applicable safety regulations.

"My commitment, and the commitment of the entire campus leadership, is to assure that the campus is in full compliance," Krevans said. "The State has a responsibility to ensure public safety; and as a public institution we have an equal responsibility to operate our various programs safely."

Study Shows Effective, Inexpensive Treatment for Gonorrhea, Chlamydia Needed

Women with gonorrhea could be easily treated for chlamydia at the same time using an additional inexpensive and readily available drug, say UCSF researchers.

Combining the antibiotics ampicillin and tetracycline—which together cost just over $2 per treatment—for women with endocervical gonorrhea could save the country millions of dollars in medical costs, according to the UCSF study conducted for the National Centers for Disease Control. More importantly, it could save thousands of women from debilitating conditions associated with chlamydia, the most common sexually transmitted disease in the US, according to A. Eugene Washington, MD, clinical epidemiologist and principal author of the study.

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Rush—Time Dated
May—June 1987

To our neighbors